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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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If you're in the habit of storing eggs next to strong cheese, citrus, fish, or other aromatic foods—don't. Try to store them in egg sections or leave them in their carton away from the strong foods to prevent an off-taste.

* * *

Shell color does not affect the nutritive value or quality of eggs. Shell color is determined by the breed of hen, . . . it does not affect the nutritive value, quality, or cooking performance of the egg.

* * *

Did you know that you should cover leftover egg yolks with cold water in a tightly closed container in the refrigerator? And, use within a day or two.

* * *

Nonfat dry milk lacks the fat and vitamin A of whole milk. Therefore, if it is used as a large part of the milk supply, additional quantities of dark-green or deep-yellow vegetables should be served to provide additional vitamin A.

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SO, What's New — For the Food Stamp Consumer

New provisions under the Agriculture and Consumer Protection Act of 1973 will enable the U.S. Department of Agriculture to expand the Food Stamp Program and to add significant amendments to the program. And--there will be implementation of a nationwide Food Stamp program by June 30, 1974.

A new definition of "eligible foods" to be purchased with Food Stamps includes imported items and seeds and plants for home gardens. Under the new regulations, eligible foods are defined as any food or food product--domestic or imported--for human consumption. Seeds and plants may also be purchased with food coupons if they are to be used in a home garden to produce food for the eligible household. Alcoholic beverages and tobacco are specifically still excluded in the legislation.

Another important item is a semi-annual adjustment of the coupon allotment to reflect changes in food prices.

THE NOW TIME

--- For Lawns

If you were disappointed in your lawn this year, don't give up -- try again. According to the U.S. Department of Agriculture, the cool, crisp days of fall are the best ones to begin that luxurious lawn you have always wanted. Fall lawn seed planting is recommended in most central or northern areas for several reasons. Autumn's rains mean you won't have to water the new seeds too often and the ground retains the moisture longer. And as the summer weeds die off, more nutrients are left in the soil for the lawn seeds to use as they germinate.

The Federal Seed Act, enforced by USDA's Agricultural Marketing Service, requires seed labels to properly label the lawn seed you buy. Seed labels must include the percentage of each lawn seed present in the mixture; the percentages of other crop seed, weed seeds and inert matter; the number per pound of noxious weed seeds, which may not exceed the limits established by the State into which it is shipped; and, the percentage of germination, or how much of the seed will grow.

In determining the right seed for your lawn, take into account: will the lawn receive heavy use or be more frequently looked at than walked on? How much sun will it get? How much time and money do you have to care for it? What mixtures would be best to minimize damage from disease and insects?

After picking the right seed for the lawn you want, get right out and plant it. Time is important. Planting now will give you a welcome change of pace from winterizing chores -- and more free time to relax while the lawn is maturing next spring.

A pamphlet prepared by the U.S. Department of Agriculture covers all of these questions and will help you determine which seed is right for your lawn. It's free by postcard request to: Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Ask for "How To Buy Lawn Seed," G-169.

COST OF FOOD AT HOME FOR A WEEK (AUGUST)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$24.40	\$31.30	\$38.30
Elderly couple.....	19.90	26.40	31.50
Family of 4 with preschool children.....	35.30	45.20	54.90
Family of 4 with elementary school children.....	40.80	52.70	64.50
Individuals*			
Women			
20-34 years.....	10.40	13.30	15.90
35-54 years.....	10.00	12.90	15.40
55 years and over.....	8.30	11.10	13.20
Men			
20-34 years.....	11.80	15.20	18.90
35-54 years.....	11.00	14.20	17.20
55 years and over.....	9.80	12.90	15.40
Children			
1-2 years.....	6.00	7.50	9.10
3-5 years.....	7.10	9.20	11.00
6-8 years.....	8.60	11.10	13.90
9-11 years.....	10.00	13.10	15.80
Girls 12-19 years.....	10.80	14.20	17.10
Boys 12-19 years.....	12.50	16.50	19.70

* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.

Note: See Food and Home Notes, June 11, 1973, for more information about food plans and their costs.

DAILY CALORIES

—and What You Need

It's relatively easy to find out what your daily calorie need is -- you just need to keep an account of your activities and the time spent on each. You can also get a general idea of the number of calories you need by a simpler method, according to U.S. Department of Agriculture family researchers.

First, take the midpoint of the desirable weight range; multiply this figure by 18 for a man, by 16 for a woman. The answer will be the approximate number of calories used daily by an adult of average activity. For example: The desirable weight for a woman 5 feet 5 inches tall of average body build is about 125 pounds. If her activities are average, she will use about 125×16 , or about 2,000 calories per day. If you are vigorously active, your calories need will be much higher than the number of calories you get by this simple method. You probably need fewer calories if you are relatively inactive, or an older adult.

If you intend to start a reducing program, it is wise to check first with your doctor. A loss of a pound or two a week is plenty to lose at a time. Some of the tips for losing weight seem insignificant but can be important--season foods with spices, herbs, vinegars, or tart fruit juices to give variety and add interest. Learn to like little or no added sugar to cereals, beverages, etc. Budget your calories to take care of special occasions, such as holiday meals and parties. Keep busy so you will not be tempted to eat foods that are not included in your planned meals. Increase activities such as walking instead of riding.

"Food and Your Weight," a publication by the Consumer and Food Economics Institute, ARS, of USDA, may be purchased for 35 cents from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. At the GPO Bookstores, you may purchase it for 20 cents.

COMMENTS AND INQUIRIES TO:

Shirley Wagener, Editor of Food and Home Notes, Press Service, Room 535-A, Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250 Or telephone 202 447-5898.